

## ABSTRACT

A food product includes a pocket formed from dough, a portion of a food stuffing material captured within the pocket, and a protrusion coupled to the pocket. The protrusion is capable of being grasped and, when so grasped, the pocket is capable of being supported by the protrusion. A method of manufacturing such a food product is also disclosed. The food product relates to pocket-foods such as pierogies, ravioli, and similar foods.